

NSW Recovery Meals: Performance Enhancements for the SEAL Warrior

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Objectives

- ❑ Introduce NSW's Professional Sports Model and its multi-disciplinary components
- ❑ Examine work climate and challenges to proper recovery
- ❑ Discuss general principles of nutrition recovery
- ❑ Describe customized recovery meal program

Professional Sports Model



The Problem: Heavy Workouts + Busy Schedules

- Physical conditioning – a constant presence
- Poor replenishment degrades subsequent workouts
- Good nutrition does not come naturally nor is it easily accessible
- In operational settings, poor eating can compromise field performance
 - Physically
 - Cognitively



Nutritional Recovery

- A nutritional refueling plan is essential for SOF
- Educate NSW leaders/members
- Post exercise nutrition emphasis:
 - Hour 1 – Most important period
 - 100% juice – fluid replenishment and normalize blood sugars with 4:1 ratio bars
 - Mixed meal consumption (3 for 3 concept)

Genesis of NSW's Recovery Meal Program (RMP)

- A 2002 food log review (96 total):
 - Little or no eating after physical training
 - Little or no eating between lunch and dinner
 - High supplement use between breakfast & lunch
 - Low intake of fruits and vegetables
 - Whole grain foods used sparingly
 - Greater than 50% calories consumed after 1800
- Realized status quo was unsatisfactory
- Command sponsorship sparked the change

The NSW RMP Offerings

- Approximately 1200 calories
- Items include all food groups
 - 2 fruits – juice and whole fruit
 - 1 vegetable – tomato juice
 - 2 meats – nuts & tuna
 - 1 dairy – low fat yogurt
 - 2 grains – sports bar & crackers
- MWR & DECA supported
- RM's packaged & made accessible in high traffic locations



2007-2008 Survey Comments

- “The RMDS is the single most significant support directly to our operators & combat support personnel in recent history”
- Eating habits before the RMDS?
 - 2 cups of coffee and breakfast burrito
 - Roach coach was visited more often
 - Work through lunch, get off early
 - Junk food and coffee
 - Diet coke, Copenhagen and trail mix

2007-2008 Survey Comments

- How would you rate this initiative in your ability to eat better?
 - Makes eating healthy easy
 - It is a no-brainer to eat better
 - You saved my life; I hate when we run out!
 - I hate eating anything else
 - The RM is the best thing ever since I've been in the teams for food
 - I am a huge fan and getting one right now!
 - Keep this going!

Lessons Learned

- Use military supported food services
- Coordinate with supply officers
- CS support & billet availability
- Survey the customers
- Educate those involved & oversee constantly – no micro-management
- Don't be a “food cop” – encourage alternatives

Recent Publication on NSW Recovery Meal Program

NSCA TSAC REPORT • ISSUE 06

JULY 2008



Tactical Strength
and Conditioning



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US Navy SEALs Eating Strategies for Success on the Battlefield

The Naval Special Warfare's SEAL Recovery Meal and how to incorporate it into your refueling strategy.

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TSAC REPORT

US Navy SEALs Eating Strategies for Success on the Battlefield

Lori Tubbs, MS, RD

United States Navy SEALs are required to take on many physical, mental, and emotional demands. These demands make them who they are. Physical conditioning is just one of the daily requirements that take up much of the early morning hours. The remaining hours of the day are spent developing cognitive skill sets and practices needed to fill this type of warrior's billet. An important factor to any tactical operator's success is recovery. Pushing the body to

and bringing the growth hormone insulin back into full gear for optimal recovery and nutrient replenishment.

Naval Special Warfare's SEAL Recovery Meal is a combination of foods that focus on performance recovery and optimal nutrition. It includes all five food groups and consists of fruit, fruit juice, vegetable juice, nuts, lean protein, dairy, and grains. While many operators find eating a challenge after hard PT (physical training), 10

Poor Health...a normal response to our current environment??

"I think we've transitioned where now health is a cognitive issue. Most people who are successful at maintaining health are doing it with conscious effort. If you don't think about it in the current environment, most people are going to become unhealthy...poor health is a normal response to our current environment."

Dr. James Hill, Director, Center for Human Nutrition, University of Denver

- As a group, how do we encourage greater nutrient dense foods to be readily available to support "warrior recovery"?